

Butterfly Preparatory Pose 1

Level 1 / Posture 10

Benefits: Builds Strength in Lower Body, (Lower Back, Abdominals)

Time to Do 1 – 3 minutes

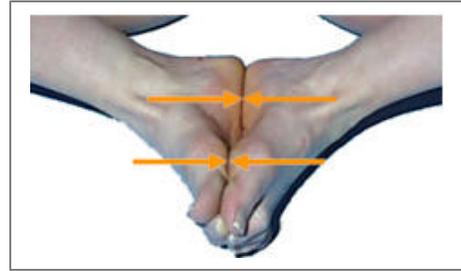
Body Parts Used by This Posture:

Lower Back, Abdominals, Inner Thighs

Builds you up for: The Butterfly. Poses that require strength in the lower back, abdominals and inner thighs.

Combines Well with: Twist, Leg Over, Side to Sides

Energy Center Used: Mostly Root center; also Belly center



This is a good muscle builder for the inner thigh, back and upper body. So it's a good preparation for doing many poses, including the Butterfly.

Yoga Snack

Another great pose to play with while you're watching TV.

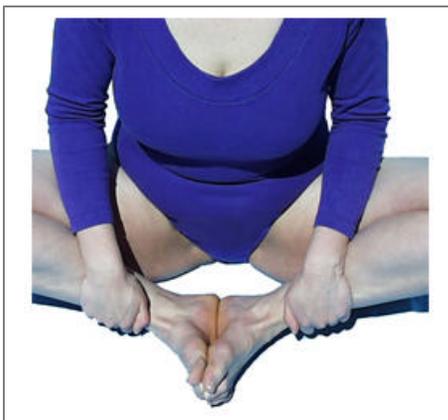
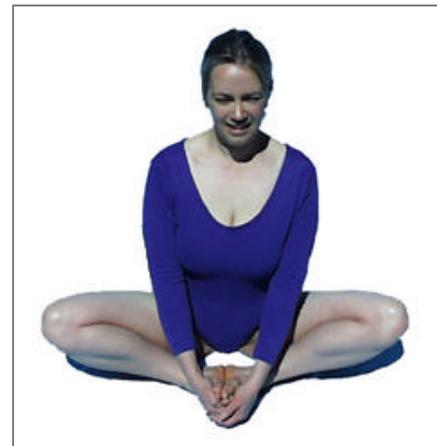
Start

Sitting on a firm surface, head up, looking forward.

Put the soles of your feet together
Now see if you can hold on to your feet.

TIP Can you hold on to your feet without bending forward? Do not lean forward or hunch forward.

Safety Tip Please don't arch your back inward when you do this pose. This puts too much stress on your lower back.



Alternative Starting Positions

If you can't hold on to your feet without hunching forward – hold on to your legs.

TIP Remember to keep your head up, facing forward.

? 2002 Corinne Friesen www.audioyoga.com

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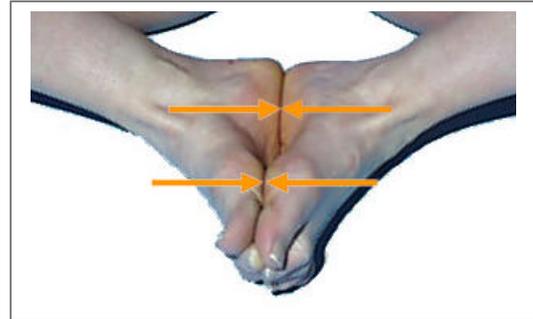
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Then

Push the soles of your feet firmly together.
Where do you feel your body working?

You'll Feel This In:

You'll probably feel this in your inner thighs, your lower back and your abdominals.



Then

Press harder.
Are there any other muscles working now?

HOLD 6 breaths

Repetitions

3. Pressing harder each time.

Release

Straighten your legs **SLOWLY!**

Follow Up

Follow with a pose that stretches the outside of the thigh, like the **Twist, Side to Sides, Leg Overs** or **Ankle to Forehead**. This will ease you out of that wobbly feeling like you've just gotten off a horse! It will also balance your muscle development.

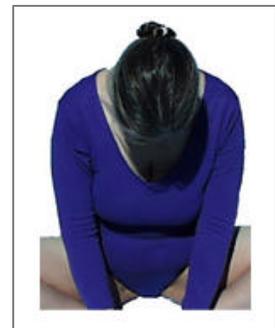
Common Errors

Hunching over.

Arching the back.



Not having the soles of the feet completely in contact with each other.



Dropping the chin.
This can strain the neck.

Breathing



Settle into your starting position.

Breathe out, letting your weight drop into place.



Breathe in

Breathe out, press your feet together.



Hold

Breathe in & out
6 times

Continuing to press firmly.

Release

Breathe in, allowing legs to come up & relaxing pressure on your feet.